

Create

delicious and nutritious meals and snacks

You can plan, create, and serve healthful meals and snacks that children love to eat, setting the stage for lifelong healthy eating habits.

Nutritious food optimizes a child's growth and development, setting the stage for lifelong health.

Taking stock . . . check your cupboard

Connect the topic to your life. What are your experiences, opinions, and concerns? What do you need?

Warm-up activity

When we surveyed and interviewed child care providers last year, we asked what were your biggest challenges in feeding children. The following five responses were listed more than all others. Check the three that challenge YOU the most.

- _____ *"How can we make healthy foods more appealing to children?"* You told us that what children seem to like and will eat — and what is most nutritious for them — are often worlds apart.
- _____ *"How can we increase the variety of foods on our menus while keeping costs in line?"* You asked us, "How can we use more fruits and vegetables, whole grains and lean meats without exceeding our budget?" You also told us, "We need ideas for healthy, economical options and recipe modification ideas."
- _____ *"How can we follow the CACFP guidelines regarding what counts as a meal or snack component?"* You told us you wanted help figuring out how to know whether a recipe matches the components.
- _____ *"How can we prepare the right amount to serve the approved portions and have enough for seconds, but not too much left over?"* You told us you don't want waste, but at the same time you want to be sure you have plenty for all of the children to have enough not only for firsts but also possibly for seconds.
- _____ *"With limited time and staff, how can we make more foods from scratch rather than use convenience items?"* When we asked what were your favorite menu items to prepare and serve, you often named those you lovingly make from scratch rather than those that you simply heat and serve. But most of you are working solo and have many mouths to feed in very little time.

Other(s):

Assemble your ingredients and tools

Acquire the knowledge and skills you need to create the outcome you desire.

Watch and reflect: Nutrition for young children

As you watch the video, follow along in your workbook. The pages that follow:

- List the key points from the video.
- Provide you with the CACFP menu planning guidelines.
- Include a copy of MyPyramid for Preschoolers.
- Have a page for you to fill in the challenges and goals for meeting the MyPyramid recommendations.
- Provide helpful guidelines for menu planning and reviewing your menus.

Key points

- *Providing nutrition for young children is a big responsibility.* We are meeting the needs of their rapidly growing bodies today by providing adequate protein, vitamins, minerals, and energy. We are also setting the stage for their long-term health, helping them avoid problems such as obesity and chronic diseases in the future.
- *Providing nutrition for young children is a tremendous privilege.* We are exposing children to a wide variety of foods and helping children establish lifelong healthy eating habits and attitudes when we make meals a feast for the senses, a time to learn about food, and a relaxed, pleasant time to reconnect with others.
- *Child care programs can make a significant impact on young children.* According to national survey data, 60 percent of young children (birth to age 5) in the United States spend an average of 29 hours a week in some form of child care. Of these 12 million children, the Child and Adult Care Food Program provides meals and snacks for approximately 3 million children in center- and family-based care. Child care programs provide between a third and two-thirds of the daily nutritional needs of the young children in their care.

Many child care programs serve children who live in households experiencing “food insecurity.” The most recent national statistics indicate that 15 percent of all households with children are food insecure. The two levels of food insecurity are:

- ✓ *Low Food Security:* People that fall into this category have had to make changes in the quality or the quantity of their food in order to deal with a limited budget.
- ✓ *Very Low Food Security:* People that fall into this category have struggled with having enough food for the household, including cutting back or skipping meals on a frequent basis for both adults and children.



- *Poor nutrition during childhood can lead to health problems now and in the future.* During childhood, not getting enough calories or nutrients can result in growth retardation, iron-deficiency anemia, and tooth decay. Children who are hungry or poorly fed may also exhibit many learning and behavioral problems. Poor nutrition has long-term consequences as well, such as obesity, and chronic diseases such as heart disease and diabetes.
- *Prevention begins with building positive habits in childhood.* By combining the CACFP guidelines, which tell you how much to provide from each food group at each meal and snack, with the MyPyramid guidelines, which help you select a variety of food choices from each group, you will meet the children's nutritional needs and build positive habits for the future.
- *Current concerns for American children include both too much and too little of some nutrients.* According to the 2008 position paper of the American Dietetic Association, *Nutrition Guidance for Healthy Children ages 2 to 11 Years*, children in the U.S. get too much dietary fat and saturated fat. Other studies have shown that preschooler's diets are too high in sodium and added sugars as well as fat. Nutrients the children in the U.S. get too little of are calcium, fiber, vitamin E, folate, iron, magnesium, and potassium. For more information on the impact of specific nutrients on child health and growth, see the reference to the Team Nutrition Web site at the bottom of page 70.

(See the resources page for complete list of references for the facts listed above.)

CHILD AND ADULT CARE FOOD PROGRAM

Ages: 1 and 2 3 through 5 6 through 12

BREAKFAST






































 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 Juice or fruit or vegetable	 1/4 cup	 1/2 cup	 1/2 cup
 Grains/Breads			
Bread: whole grain, bran, germ, or enriched	 1/2 slice*	 1/2 slice*	 1 slice*
Cold dry cereal: whole grain, bran, germ, enriched, or fortified	 1/4 cup (or 1/3 oz)	 1/3 cup (or 1/2 oz)	 3/4 cup (or 1 oz)
Cooked cereal, rice, macaroni and noodle products	 1/4 cup	 1/4 cup	 1/2 cup

SNACK

SELECT TWO OF THE FOLLOWING FOUR COMPONENTS**

 Fluid milk	 1/2 cup	 1/2 cup	 1 cup
 Juice or fruit or vegetable	 1/2 cup	 1/2 cup	 3/4 cup
 Meat or meat alternate	 1/2 ounce	 1/2 ounce	 1 ounce
 Grains/Bread	 1/2 slice*	 1/2 slice*	 1 slice*

LUNCH/SUPPER

 Fluid milk	 1/2 cup	 3/4 cup	 1 cup
 Meat	 1 ounce	 1 1/2 ounces	 2 ounces
or cheese	 1 ounce	 1 1/2 ounces	 2 ounces
or cottage cheese, cheese food, or cheese spread	 2 ounces (1/4 cup)	 3 ounces (3/8 cup)	 4 ounces (1/2 cup)
or egg, large	 1/2	 3/4	 1
or cooked dry beans or dry peas	 1/4 cup	 3/8 cup	 1/2 cup
or peanut butter, soybean butter, or nut or seed butters	 2 T.	 3 T.	 4 T.
or peanuts, soybeans, tree nuts, or seeds	 1/2 oz=50%	 3/4 oz=50%	 1 oz=50%
or yogurt, plain or flavored, unsweetened or sweetened	 4 ounces or 1/2 cup	 6 ounces or 3/4 cup	 8 ounces or 1 cup
or an equivalent quantity of any combination of the above meat/meat alternatives			
 Vegetables and/or fruits (2 or more) 2 separate servings of vegetables and/or fruit	 1/4 cup Total	 1/2 cup Total	 3/4 cup Total
 Grains/Breads	 1/2 slice*	 1/2 slice*	 1 slice*

- * An equivalent serving of an acceptable bread alternate such as cornbread, biscuits, rolls, muffins, pizza crust, etc., made of whole-grain or enriched meal or flour, or a serving of cooked enriched or whole-grain rice or macaroni or other pasta products.
- ** For snack, juice may not be served when milk is served as the only other component.

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Indiana Department of Education
School and Community
Nutrition Programs
317-232-0850 or 1-800-537-1142

06/04



MyPyramid — Current challenges and practical goals

GRAINS

Make half your grains _____

Current challenge: Research shows that children in child care today are generally provided with enough grain servings to meet the daily recommendations, but less than _____ of their grain servings are whole grains, rather than half.

Practical goal: Include at least _____ whole grain serving every day.

VEGETABLES

_____ your veggies

Current challenge: Research indicates that children in child care are generally eating less than what is recommended, and what they eat is _____ rather than varied.

Practical goal: Increase the _____ of vegetables served at both meals and snacks.

FRUITS

Focus on _____

Current challenge: Research shows that fruit intake for children at child care is a little better than for vegetables, but still not enough. Also, half of “fruit” servings at child care are _____, not whole fruit.

Practical goal: Rely less on juice and serve more _____.

MILK

Get your _____-rich foods

Current challenge: Children get most of their daily servings of milk while at child care, but it is mostly the full-fat variety, with only _____ percent coming from fat-free or 1 percent milk.

Practical goal: Switch from high-fat to _____-fat milk.

MEAT AND BEANS

Go _____ with protein

Current challenge: Research on the diets of children in child care indicates that _____ percent of the meat is high in fat or is fried.

Practical goal: Serve high fat or fried meat no more than _____ a week.

Menu planning guidelines — Putting the pieces together

Menu planning for children is a major responsibility. A well balanced menu not only serves foods that “go together” and are appetizing to children, but also includes the nutrients children need for good health and normal growth. Menus must be planned to be in compliance with federal regulations, CACFP requirements, and licensing requirements. All required menu components must be included. Some extra food items may also be used to add variety to menus.

1. Select a form for menu planning. A menu planning guide incorporating three age groups is available in the recordkeeping section on the CACFP Web page at: http://scnweb.doe.in.gov/Nutrition/external_forms/cc04MenuGuide.doc. This form lists the required food components required for each meal and snack.
2. Choose the type of menu format you will use. A cycle menu format is recommended. A cycle menu is a set of menus that are repeated in the same order for a period of time, usually four weeks. It provides variety by offering different foods and/or different food combinations each day during the cycle. A cycle menu provides consistency that simplifies food purchasing and food production. Many facilities write seasonal cycle menus in order to best utilize produce that is in season. An eight-week cycle menu is available from the National Food Service Management Institute at: www.nfsmi.org/documentLibraryFiles/PDF/20080225095731.pdf
3. Be sure to mark any food substitutions and keep copies of dated menus for each day.
4. Know your cook and what he/she can or cannot do. An inexperienced cook may not be able to prepare more complex menu items. Remember to review the menu and recipes with your cook.
5. Plan menu items based on the equipment available in the center's kitchen. One meal's menu should not include baked chicken, baked potatoes, hot rolls, and apple crisp if there is not enough oven space. Homemade cookies should not be on the menu if the center does not have a mixer.
6. Include all meal components in at least the minimum portion sizes specified on the CACFP Meal Pattern in the crediting foods section of *What's In A Meal – Healthy Hoosier Edition* at www.doe.in.gov/food/childadults/in-a-meal/crediting_foods.pdf. It is usually easiest to begin by planning the main dish or entrée.
7. Plan menus that keep the nutritional needs of young children in focus. Be sure to include a good source of iron and vitamin C daily and vitamin A every other day. *Building Blocks for Fun and Healthy Meals/A Menu Planner for the CACFP* is a good source for this information and can be downloaded at www.fns.usda.gov/cnd/care/publications/tools.htm. State licensing requirements may have more specific requirements for the amounts of vitamins A and C.

8. Meats such as hot dogs, sausage, and lunchmeat are high in fat and sodium. They should be served no more than once a week.
9. Make sure the meals look and taste good — create a visual image of your menu!
 - Include foods that are different shapes — round, square, rectangular, wedge-shaped.
 - Choose foods that are different colors — yellow, orange, red, bright green, tan, and white.
 - Combine foods that have different textures — soft, crunchy, crisp, creamy, smooth.
 - Include foods with different tastes — sweet, sour, salty, spicy, and mild.
10. Consider different ethnic and cultural food habits as well as the preferences of the children.
11. Introduce new foods along with familiar foods that the children already like.
12. Take precautions to limit foods that increase the risk of choking. Children under 4 years old are at the highest risk of choking. See the resource list at the end of this lesson for a handout on choking prevention.
13. Select or develop standardized recipes for menu items. USDA standardized recipes for children are available at www.nfsmi.org/Templates/TemplateDefault.aspx?q=cELEPTYzJmlzTWdyPXRydWU=. These recipes have been tested and retested for product quality, consistency, and yield in child care centers nationwide. The recipes are in quantities of 25 and 50 servings.

To standardize your own recipes, a good resource to help with that process is at: www.olemiss.edu/depts/nfsmi/Information/stdrecipes/process.pdf

14. Utilize references available from USDA, including:
 - *Building Blocks for Fun and Healthy Meals/A Menu Planner for the CACFP*
 - *Food Buying Guide for Child Nutrition Programs*
 - *Child Care Recipes*
 - *Feeding Infants*

These and other resources can be downloaded from the USDA Food and Nutrition Service Web site at www.fns.usda.gov/cnd/care/publications/tools.htm. Another great source of information is the National Food Service Management Institute at www.nfsmi.org/.

15. Set aside time to evaluate and revise menus with input from parents, children, and staff (see the “Menu review checklist” section on the next page).

Menu review checklist

Review menus not only by individual meal, but also by looking at the entire day, the week, and the month.

- *All CACFP meal components are included in each meal and snack.*
 - ✓ Breakfast: fluid milk; juice/fruit/vegetable; grain/bread
 - ✓ Lunch: fluid milk; meat or meat alternate; 2 vegetables and/or fruits; grain/bread
 - ✓ Snack (two of these four): fluid milk; juice/fruit/vegetable; meat or meat alternate; grain/bread
- *Each menu item above is “creditable.”* Non-creditable foods may be on the menu *in addition* to menu items meeting the CACFP requirements.
- *Half of grain/bread options are whole grain.*
- *Vegetables vary and include dark green vegetables, orange vegetables, legumes, starchy vegetables, and other vegetables.* Fresh and seasonal vegetables are included on menus.
- *Fruit is served more than juice.* Juice is 100 percent juice. Fresh and seasonal fruits are included on menus.
- *Low-fat and fat-free milk is served with every meal.* Low-fat dairy products such as cheese and yogurt are also included in menus and used in recipes.
- *Lean meats are served more often than high-fat meats.* Low-fat cooking methods are used often.
- *A wide variety of foods are included each week, with minimal repeating of menu items.*
- *Sources of vitamins A and C are included on each week's menus.* See the next page of this workbook for help in determining whether a food is considered a good source of these vitamins. The recipes included in this workbook indicate if they meet the level to be at least a “good” source.
- *Each meal and snack includes a variety of colors, textures, shapes, and sizes of food, appealing to all of the senses.*
- *Menus with more costly items are balanced by menus with less costly items within the same day.*

Vitamins A and C

State licensing bureaus generally require a certain number of food sources of vitamins A and C on a daily or weekly basis. These requirements are state specific but most often look for a source of vitamin C daily and at least two sources of vitamin A weekly. The requirements may also specify at which meals these foods must be listed on the menus. They may also list foods that meet the requirements. Unless specified as exclusive lists, use them for ideas, but expand your menu to include other good sources of these nutrients. To assist you in increasing menu variety and in meeting your licensing requirements, consider these useful tips:

- The Menu Planning Guidelines, *Building Blocks for Fun and Healthy Meals/A Menu Planner for the CACFP* lists sources of vitamins A and C. Refer to Appendix B in *Building Blocks* for this information. It is available online at the USDA Web site: www.fns.usda.gov/cnd/care/publications/tools.htm. The table below explains how foods are placed in the three categories on the lists, based on the amount of the nutrient found in one serving for a 1- to 3-year-old child.* “Good” sources contain 10 percent to 24 percent of the RDA** in one serving; “better” sources have 25 percent to 39 percent of the RDA; and the “best” sources have 40 percent or more of the RDA. The table also lists what these percentages mean in actual amounts of each nutrient, which allows you to see if foods not found on the *Building Blocks* lists also meet the criteria.

	Amount in one serving for 1- to 3-year-old to be a:		
	“Good” source	“Better” source	“Best” source
	10-24% RDA**	25-39% RDA**	At least 40% RDA**
Vitamin A	30 – 72 µg RAE***	75 – 117 µg RAE***	At least 120 µg RAE***
Vitamin C	1.5 – 3.6 mg	3.75 – 5.85 mg	At least 6 mg

* Sources that qualify in the amounts for 1-3 years will qualify in amounts older children eat as well.

** RDA stands for Recommended Daily Allowance. These are often referred to using a more encompassing term, the Dietary Reference Intakes, or DRIs.

*** RAE stands for Retinol Activity Equivalents. 1 IU = 0.3 µg retinol as RAE (µg = mcg or microgram, mg = milligram)

- Foods rich in vitamin A include dark green and orange vegetables and fruits. For example, one child’s serving of baked sweet potato fries has more than 372 µg RAE. Strive for most foods you designate on your menus as vitamin A sources to be in the “best” or at least “better” category. Foods rich in vitamin A that are not fruits or vegetables include liver (1½ oz = “best”) and eggs (½ egg = “good”).
- Most fruits and vegetables will qualify as “good” sources of vitamin C, so strive for the ones you designate on your menus as vitamin C sources to be mostly in the “best” category. Ones that are especially rich in vitamin C include citrus fruits, berries, broccoli, cabbage, and peppers. For example, one medium orange has 60 mg of vitamin C, so if a 1- to 3-year-old child eats only ¼ of an orange he or she gets 15 mg of vitamin C, which is 100 percent of their RDA for vitamin C for the day.

Create your dish

Apply what you've learned to create the outcome you desire.

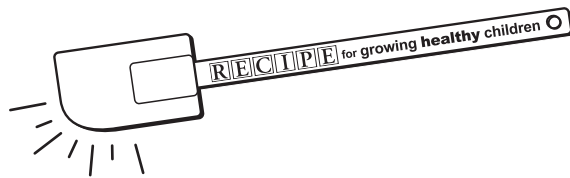


Table discussion

Play “menu makeover”

The next page in your workbook has one week of menus for breakfast, lunch, and snack showing examples of common menu challenges.

Each of these menus has some positive aspects but falls short of the recommendations we’ve just discussed. They don’t meet all of the MyPyramid guidelines and often fall short of CACFP requirements regarding meal components and which foods are creditable. They may be lacking in color and have a variety of other shortcomings.

Each table will focus on only one of the three sets of menus: breakfast, lunch, or snack. Your group will select which one you would like to discuss in your small group and then you will share your ideas with the entire group. We need to make sure that all three are represented, so discuss quickly among yourselves which one you’d like to do and be prepared with your first and second choice when asked for your group’s preference.

Your group will have 5 minutes to brainstorm “challenges” you identify as well as brainstorm how you would improve the menu using the principles and recommendations that were provided in the video and summarized on the Menu Review Checklist. Although you’re only going to focus on one meal or snack, consider the entire day and entire week when you look for menu challenges.

When you’re finished brainstorming, each group will have 1 minute to share one or more of the challenges you identified and some possible solutions you recommend. You may also share any positive aspects of the menus.

Menu challenges For the menu your table group selects, identify improvements that need to be made to better meet MyPyramid and CACFP guidelines. Suggest solutions for each challenge you identify.					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Milk Orange juice	Fruit Loops Milk Canned peaches	Oatmeal Milk Orange juice	Rice Krispies Milk Apple juice	Donut Milk ½ banana
Challenges identified					
Potential solutions					
Lunch	Hamburger Bun French fries Ketchup Milk	Chicken nuggets Mac & cheese Corn Milk	Pepperoni pizza Carrots and celery Milk	Hot dog Bun Tator tots Applesauce Milk	Fish sticks Rice Peas and carrots Bread and butter Milk
Challenges identified					
Potential solutions					
Snack	Graham crackers Milk	Animal crackers Orange juice	Goldfish crackers Pineapple juice	Peanut butter and cheese crackers Apple slices	Chocolate chip cookie Milk
Challenges identified					
Potential solutions					

#1 Breakfast menu makeover

Food Safety Discussion #1

The Centers for Disease Control estimates that 76 million Americans get sick from foodborne illnesses each year. Of these, 300,000 are hospitalized and 5,000 die. Young children are especially at risk for foodborne illness.

- What is the *first* step to fighting bacteria and preventing foodborne illness?
- *When* should children/adults wash their hands?
- What are the proper *steps* to hand washing?
- In addition to handwashing, you can keep food safe by what you wear. How?
- Food preparation must start in a clean environment. The first step in making our breakfast items is to clean and sanitize the countertop. However, other things could contaminate your preparation area. Think about what those might be and describe how to prevent this from happening:

Your resource list at the end of this section has several Web sites with all the food safety information you will need as well as lots of downloadable handouts and posters.

Breakfast food demonstrations

Baked French Toast

Baked Oatmeal

Baked French Toast

Recipe Category: **Breakfast**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole grain bread		5 slices		25 slices	<ol style="list-style-type: none">1. Melt butter (or margarine) with honey and spread on the bottom of foil-lined pan.2. Beat together eggs, orange juice, vanilla, salt, and nutmeg.3. Cut slices of bread in half.4. Dip bread slices into mixture and place into pan. Or you can pour mixture over bread slices placed in pan. Use a single layer of bread.5. Cover and refrigerate overnight. Or, you can bake right away if preferred.6. Bake for 20 minutes at 400°.7. Turn pieces over to serve.
Butter or margarine		2½ Tbsp		1½ sticks	
Honey		2 Tbsp		½ cup + 2 Tbsp	
Eggs or egg substitute		3 large or ¾ cup		15 large or ¾ cups	
Orange juice		½ cup		1 ½ cups	
Vanilla		1 tsp		1 Tbsp + 2 tsp	
Salt		¼ tsp		1¼ tsp	
Nutmeg		¼ tsp		1¼ tsp	

Portion size/meal components:

½ slice = 1 grain for 3- to 5-year-old

Substitutions and alternatives:

May use syrup in place of honey, milk in place of orange juice.

Baked French Toast continued

Suggested pairings and serving ideas:

May dust with confectioners' sugar. Top with fruit or topping of choice.

Make ahead hints:

This works very well prepped the day ahead, refrigerated overnight and baked in the morning.

Food safety alerts:

Keep refrigerated until baked.

Helps meet Dietary Guideline goals:

Whole grain

Nutrition facts

Calories:	82	Total Fat:	2.3 g	Vitamin C:	2.7 mg	Sodium:	154 mg
Protein:	3 g	Saturated Fat:	0.6 g	Iron:	0.8 mg	Dietary Fiber:	1 g
Carbohydrate:	10.5 g	Vitamin A:	60 µg RAE	Calcium:	20 mg	Amount of vitamin A	qualifies as a good source.

Notes

Baked Oatmeal

Recipe Category: **Breakfast**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quick-cooking rolled oats		1 cup		5 cups	<ol style="list-style-type: none"> Line muffin pans with foil liners, or coat with cooking spray (or use a baking dish). Stir together oats and fruit bits; divide among muffin cups (2 rounded Tbsp each). In a medium bowl, combine milk, egg, sugar, vanilla, and salt. Stir until dissolved. Pour mixture into cups, dividing evenly (scant ¼ cup). Can be baked right away, or can be covered with plastic wrap and refrigerated overnight. Bake in a 350° oven for about 20 minutes, or until centers are set (longer for pan).
Mixed dried fruit (or only raisins, or fresh cut-up fruit)		½ cup		2½ cups	
Fat-free milk		2 cups		10 cups	
Egg or egg substitute		1 egg or ¼ c		5 or 1¼ cups	
Sugar		¼ cup		1¼ cups	
Vanilla		½ tsp		1 Tbsp	
Salt		1/8 tsp		½ tsp	
Light syrup		To taste		To taste	

Portion size/meal components:

Substitutions and alternatives:

Generous ¼ cup = 1 grain for 3- to 5-year-old

Use any type of dried or fresh fruit.

Baked Oatmeal continued

Suggested pairings and serving ideas:

Children can top oatmeal with fresh or dried fruit in design of choice. Drizzle with light syrup.

Make ahead hints:

This works well made ahead and refrigerated overnight to bake in the morning.

Helps meet Dietary Guideline goals:

Whole grain

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	109	Total Fat:	1 g	Vitamin C:	Sodium:
Protein:	4 g	Saturated Fat:	0.3 g	Iron:	Dietary Fiber:
Carbohydrate:	23 g	Vitamin A:	32 µg RAE	Calcium:	133 mg
					1 g

Notes

Creative breakfast menu combinations

Grains/bread	Fruits/vegetables/juice
Baked Oatmeal	Fresh or dried fruit
French Toast	Fresh fruit or fruit topping
Pancakes	Fruit topping, applesauce (make faces...)
Breakfast Fruit Pizzas <i>Use toasted English muffins or bagels. Spread with softened reduced-fat cream cheese mixed with honey (use 2-3 Tbsp honey per 8 oz cream cheese)</i>	Arrange bite-size pieces of seasonal fresh fruit on top of "pizza," top with all-fruit spread that has been warmed enough to drizzle over fruit as a glaze
Apple Butter Pizza <i>Use toasted English muffins or bagels. Spread with apple butter, top with shredded mozzarella cheese and bake until cheese melts. (Also a good snack.)</i>	100% fruit juice
Cinnamon-Apple Quesadilla <i>Spread ¼ cup applesauce over ½ tortilla, sprinkle with cinnamon and sugar, shredded Monterey Jack cheese, top with other ½ tortilla, sprinkle with more cinnamon-sugar, bake at 400°F 6-8 minutes, until golden.</i>	Additional applesauce to equal ½ cup per child
Tortilla wrap with 1 or more: egg, sausage, veggies, cheese	Orange wedges or sliced fruit
Biscuit with low-sugar spread or serve with a gravy made using turkey or soy sausage	"Name that Juice" — put 2-3 types of juice out and allow children to combine and name their creations
Whole grain, low-fat, fruit-filled muffin (banana, carrot, blueberry, apple, etc.)	Fruit compote, baked apple, applesauce
Mixed-up Cereal <i>Offer 2 or 3 choices and allow children to combine more than one in their bowl.</i>	½ banana sliced on cereal, seasonal fruit or berries
Yogurt/Granola/Fruit Parfaits <i>Children layer yogurt with ½ ounce of granola cereal and fruit</i>	Cut fruit is provided with ¼-cup scoops and children are encouraged to layer 2 scoops of fruit with yogurt and granola

#2 Lunch menu makeover

Food Safety Discussion #2

- Germs can grow at many different temperatures but grow fastest at what temperature range?
- Different foods require different internal cooking temperatures. How do you know you've reached the right temperature?
- Sometimes serving times require us to "hold" hot food. What temperature is required to do this safely?
- Sometimes serving times require us to "hold" cold food. What temperature is required to do this safely?
- If you accidentally turn off the oven and food sits at room temperature, how long can you keep it before it must be discarded?
- Quick preparation steps for the Baked French Toast we made for breakfast required mixing the eggs, juice, and vanilla in advance. Milk, eggs, and meat must be kept cool to prevent bacterial growth. Keeping these foods (plus cheese, yogurt, butter) at what temperature will prevent bacterial growth?
- If you use frozen eggs, can you leave them out to defrost? What are some safe ways to defrost foods?
- How do you safely cool a hot pan of leftover pasta?

Food demonstrations

Pizza Pasta Bake

Baked Sweet Potato Fries

Fruity Coleslaw



Menu makeover:

Pepperoni pizza

BEFORE:

Commercial Pepperoni Pizza

½ of individual Tony's Deep Dish
Pepperoni counts as 1 grain and 1 meat
alternate for CACFP (3- to 5-year-old)

COST = 58.25¢ per serving*

Calories	240
Protein	8.5 grams
Carbohydrate	24.5 grams
Fat	12 grams
Saturated Fat	4 grams
Sodium	515 mg
Calcium	100 mg
Vitamin A	100 mg
Vitamin C	none
Fiber	1 gram

* Based on GFS marketplace prices
of 6 to a box for \$6.99.

AFTER:

Pizza Pasta Bake

1 serving counts as 1 grain and
1 meat for CACFP (3- to 5-year-old)

COST = 47.8¢ per serving

Calories	170
Protein	13.5 grams
Carbohydrate	14 grams
Fat	6.8 grams
Saturated Fat	3.4 gram
Sodium	534 mg
Calcium	242 mg
Vitamin A	137 µg RAE
Vitamin C	4.5 mg
Fiber	1.8 grams

Pizza Pasta Bake

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Corkscrew (rotini) pasta, plain, vegetable, or whole grain		2 cups uncooked (2½ cups cooked)		10 cups uncooked 13 cups cooked	<ol style="list-style-type: none"> 1. Cook pasta according to package directions, drain well. 2. For "crust," combine eggs, milk, and 1st part of mozzarella cheese. Stir in pasta. 3. Spray pans with cooking spray. Heat oven to 375°. 4. Spread pasta mixture in bottom of pan(s). 5. Chop Canadian bacon into bite-size pieces, stir into pizza sauce with veggies (if desired). 6. Spread pizza sauce mixture over pasta "crust." 7. Top with remaining cheeses (2nd part of mozzarella cheese and grated Parmesan cheese.) 8. Bake 30 minutes or until "set" and cheese is melted. Cool 10 minutes before serving.
Slightly beaten eggs		2		10	
Low-fat milk		½ cup		2 cups	
Mozzarella cheese divided: crust/topping	8 oz	2 cups total ½ cup + 1½ cup	40 oz	10 cups total 3 cups + 7 cups	
Pizza sauce	14 oz		70+ oz		
Canadian bacon	5 oz		25 oz		
Cut-up veggies (optional) (pepper, zucchini, mushrooms, etc.)		1 cup		5 cups	
Grated Parmesan cheese		3 Tbsp		1 cup	

Portion size:

Makes 10 servings in 9" x 13" pan, 50 servings in 2 steam-table pans, cut in squares.

Meal components:

1 grain, 1 meat for 3- to 5-year-olds

Substitutions and alternatives:

In place of Canadian bacon, try shredded cooked chicken, soy sausage crumbles, or cooked turkey sausage.

Pizza Pasta Bake continued

Suggested pairings and serving ideas:

Serve with a vegetable salad and fresh seasonal fruit.

Make ahead hints:

Chop your meat and veggies ahead and store in the refrigerator to speed prep time.

This recipe can be made a day ahead, covered and refrigerated and baked the next day.

Helps meet Dietary Guideline goals:

Whole grain, vegetables, calcium, lean protein

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	170	Total Fat:	6.8 g	Vitamin C:	4.5 mg	Sodium:	534 mg
Protein:	13.5 g	Saturated Fat:	3.4 g	Iron:	1.1 mg	Dietary Fiber:	1.8 g
Carbohydrate:	14 g	Vitamin A:	137 µg RAE	Calcium:	242 mg	Qualifies as a "best" source of vitamin A.	

Notes

Menu makeover:

Macaroni and cheese

BEFORE:

Commercial Mac & Cheese

3-ounce portion counts as 1 grain and ½ meat alternate for CACFP (3- to 5-year-old)

COST = 21.6¢ per serving*

Calories	174
Protein	8 grams
Carbohydrate	10.5 grams
Fat	11 grams
Saturated Fat	6.3 grams
Sodium	439 mg
Calcium	201 mg
Fiber	.35 grams

* Based on GFS brand frozen macaroni and cheese (\$7.79 for a dozen 1-cup servings, which would be 36 1/3-cup servings).

AFTER:

Baked Mac & Cheese

1/3-cup portion counts as 1 grain and ½ meat alternate for CACFP (3- to 5-year-old)

COST = 20¢ per serving

Calories	113
Protein	9.4 grams
Carbohydrate	15 grams
Fat	2 grams
Saturated Fat	1 gram
Sodium	370 mg
Calcium	216 mg
Fiber	1 gram

Baked Mac and Cheese

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dried elbow macaroni (use whole grain)	5-6 oz	1¼ cups uncooked	25-30 oz	6¼ cups uncooked	<ol style="list-style-type: none"> 1. Preheat oven to 350°. 2. Cook macaroni according to package directions, drain and set aside. 3. Combine milk powder, flour, and onion salt. Mix well. Stir in milk, adding gradually until smooth. 4. Cut cheese into small cubes. 5. Put warm macaroni in large baking dish coated with cooking spray. 6. Stir in cheese until it begins to melt. Stir in milk mixture. 7. Cover and bake 10-15 minutes. Uncover and stir thoroughly. 8. Cover and bake another 10-15 minutes. Uncover and stir. Repeat this step 1 or 2 times as needed when making 50 or more servings. 9. Top with bread crumbs. Bake uncovered until bubbly, about 15 more minutes.
Nonfat dry milk powder		¼ cup		1½ cups	
All-purpose flour		2 Tbsp		½ cup + 2 Tbsp	
Onion salt		¼ tsp		1½ tsp	
Low-fat milk		1½ cups		7½ cups	
Reduced-fat cheese (natural processed American)	7-8 oz	10 slices	2½ lb	50 slices	
Bread crumbs		1-2 Tbsp		½ cup	

Portion size/meal components:

⅓ cup = 1 grain and ½ meat alternate.

Baked Mac and Cheese continued

Suggested pairings and serving ideas: Partner with $\frac{3}{4}$ oz of meat. Serve with veggies that can be stirred in.

Helps meet Dietary Guideline goals: Whole grain, calcium

Marketing guide for selected items
Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	113	Total Fat:	2 g	Vitamin C:	none	Sodium:	370 mg
Protein:	9.4 g	Saturated Fat:	1 g	Iron:	1 mg	Dietary Fiber:	1 g (whole grain)
Carbohydrate:	15 g	Vitamin A:	33 µg RAE	Calcium:	216 mg		

Notes

Use one steam table pan for 50 servings. Use casserole dish or 9x13-inch pan for 10 to 25 servings.
To avoid over-cooking, boil macaroni minimum time on package. It will cook more upon baking.

Menu makeover:

Fish sticks

BEFORE:

Commercial Fish Sticks

3 sticks count as 1 meat (1½ oz)
for CACFP (3- to 5-year-old)

COST = 20¢ per serving*

Calories	228
Protein	12 grams
Carbohydrate	21 grams
Fat	9 grams
Saturated Fat	2.7 grams
Sodium	489 mg
Calcium	18 mg
Fiber	0 grams

AFTER:

Homemade Fish Nuggets

2 nuggets count as 1 meat (1½ oz)
for CACFP (3- to 5-year-old)

COST = 55¢ per serving

Calories	139
Protein	12 grams
Carbohydrate	17 grams
Fat	2 grams
Saturated Fat	0.4 gram
Sodium	290 mg
Calcium	151 mg
Fiber	0.6 gram

* Based on Sam's Club price of \$7.46
for a 4-pound package.

Fish Nuggets

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen white fish filets	1¼ pounds		6 pounds		<ol style="list-style-type: none"> 1. Thaw fish overnight in refrigerator. 2. Preheat oven to 450°. 3. Line baking sheets with foil and coat with cooking spray. 4. Cut fish in 1-oz nuggets. 5. Place flour in one shallow bowl or plastic bag. 6. Beat egg whites with 1 Tbsp water/egg, put in shallow bowl. 7. Crush cereal and combine with crumbs & seasonings. 8. Dredge nuggets in flour, dip in egg, dredge in crumbs, place on baking sheet in single layer. 9. Bake for about 10 minutes until breading is golden and crisp. If desired, turn over halfway.
All-purpose flour		½ cup		2 cups	
Egg whites		2-3 large		1 dozen	
Dry bread crumbs		½ cup		2 cups	
Whole grain cereal flakes		1 cup		4 cups	
Lemon pepper		1 tsp		2 Tbsp	
Garlic powder		½ tsp		1 Tbsp	
Paprika		½ tsp		1 Tbsp	
Salt		¼ tsp		1½ tsp	

Portion size/meal components:

2 nuggets (1 oz uncooked or 1½ oz cooked) = 1 meat for 3- to 5-year-old

Substitutions and alternatives:

Experiment with different seasoning mixtures, substitute cornmeal for part of the grain.

Fish Nuggets continued

Suggested pairings and serving ideas: Serve with honey mustard dipping sauce or ketchup.

Make ahead hints: Thaw fish overnight in the refrigerator.

Food safety alerts: Make sure fish is done without overcooking.

Helps meet Dietary Guideline goals: Whole grain, lean protein

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	139	Total Fat:	2 g	Vitamin C:	8.7 mg	Sodium:	290 mg
Protein:	12 g	Saturated Fat:	0.4 g	Iron:	2.9 mg	Dietary Fiber:	0.6 g
Carbohydrate:	17 g	Vitamin A:	40 µg RAE	Calcium:	151 mg	Qualifies as a good source of vitamin A and vitamin C.	

Notes

Baked Sweet Potato Fries

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sweet potatoes (can cut from fresh or use precut frozen)		2½ cups		12 ½ cups	<ol style="list-style-type: none">1. Cut potatoes into fry strips.2. Preheat oven to 450°.3. Cover baking sheets with foil and coat with cooking spray.4. In a large plastic bag or bowl, toss sweet potato fries with oil and seasonings.5. Spread out on baking sheets so fries do not overlap.6. Bake until browned and crisp.7. Use spatula to turn half-way through cooking. Bake about 20 minutes total.
Olive oil		½ Tbsp		¼ cup	
Salt		¼ tsp		1 ¼ tsp	
Paprika		¼ tsp		1 ¼ tsp	
Cinnamon		¼ tsp		1 ¼ tsp	
Red (cayenne) pepper		dash		½ tsp	

Portion size/ meal components:

¼ cup = 1 vegetable for 3- to 5-year-old

Substitutions and alternatives:

Experiment with different seasoning combinations.

Baked Sweet Potato Fries continued

Suggested pairings and serving ideas: Use in place of regular french fries. Can also be dipped in ketchup.

Helps meet Dietary Guideline goals: Vegetables

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	62	Total Fat:	0.8 g	Vitamin C:	9 mg	Sodium:	200 mg
Protein:	1 g	Saturated Fat:	0.1 g	Iron:	1 mg	Dietary Fiber:	2 g
Carbohydrate:	13 g	Vitamin A:	372.5 µg RAE	Calcium:	18.5 mg	Counts as a "best" vitamin A source, also good source of vitamin C.	

Notes

Cheesy Peas

Recipe Category: **Vegetable**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen sweet peas	1 pound		5 pounds		<ol style="list-style-type: none"> 1. Thaw peas in refrigerator overnight, or in microwave. 2. Preheat oven to 350°. 3. Coat casserole dish with cooking spray. 4. Combine nonfat dry milk, flour and seasonings in bowl. Stir in milk until smooth. 5. Put peas in casserole dish and pour milk mixture over. 6. Cut cheese in small cubes and mix throughout peas. 7. Cover and bake, stirring every 10-15 minutes until thick and bubbly. 8. Allow to cool and thicken, Stir well until creamy smooth.
Nonfat dry milk powder		¼ cup		1½ cups	
All-purpose flour		2 Tbsp		½ cup + 2 Tbsp	
Onion salt		¼ tsp		1½ tsp	
Garlic powder		Dash		½ tsp	
White pepper		Dash		½ tsp	
Low-fat milk		1½ cups		7½ cups	
Reduced fat cheese (American, Velveeta)	7-8 oz	10 slices	2.5 pounds	50 slices	

Portion size/meal components:

⅓ cup = as ¼ cup of vegetable plus ½ meat alternate for lunch for 3- to 5-year-old.

Substitutions and alternatives:

This recipe can also be prepared in a crock pot. Set on low and stir every 30 minutes. It will take about an hour and a half for 10-20 servings. Hold on warm until time to serve.

Cheesy Peas continued

Preparation Time: 15 minutes, plus cooking time of 30-45 minutes

Suggested pairings and serving ideas: Serve when main entree has only ½ meat alternate.

Helps meet Dietary Guideline goals: Vegetables, calcium

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	80	Total Fat:	2 g	Vitamin C:	8 mg	Sodium:	280 mg
Protein:	8 g	Saturated Fat:	1 g	Iron:	1 mg	Dietary Fiber:	1 g
Carbohydrate:	7 g	Vitamin A:	36 µg RAE	Calcium:	227 mg	Counts as good source of both vitamin A and vitamin C.	

Notes

Carrots with Honey-Ginger Glaze

Recipe Category: **Vegetable**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baby carrots	1 pound		5 pounds		<ol style="list-style-type: none"> 1. Cook carrots in boiling salted water, 10-12 minutes, or just until tender. 2. Drain in colander. 3. Combine butter, honey, and ginger in same pan, heat until butter is melted. 4. Add carrots and toss gently until thoroughly coated and heated through.
Butter or margarine		1½ Tbsp		1 stick	
Honey		1½ Tbsp		½ cup	
Ginger		¼ tsp		2 tsp	

Portion size/meal components:

¼ cup = 1 vegetable option with lunch

Substitutions and alternatives:

Experiment with other spices, such as cinnamon or nutmeg.

Carrots with Honey-Ginger Glaze continued

Preparation Time: minimal **Cooking Time:** Allow 30 minutes to boil water and cook carrots, 10 minutes to finish.

Suggested pairings and serving ideas: Goes well with many lunch menus.

Helps meet Dietary Guideline goals: Vegetables

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	51	Total Fat:	2 g	Vitamin C:	3.8 mg	Sodium:	44 mg
Protein:	1 g	Saturated Fat:	0.3 g	Iron:	0.2 mg	Dietary Fiber:	2 g
Carbohydrate:	9 g	Vitamin A:	402 µg RAE	Calcium:	22 mg	Qualifies as a "best" source of vitamin A.	

Notes

Pasta and Trees

Recipe Category: **Lunch or Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dry pasta in fun, colorful shapes		1¾ cups		8¾ cups	1. Thaw broccoli in refrigerator overnight. Cut into bite-size pieces. 2. Cook pasta according to package directions, drain, rinse well, and drain again. 3. Combine pasta, broccoli, and salad dressing. Refrigerate until ready to serve. 4. Add Parmesan cheese just before serving, or sprinkle on at the table.
Frozen broccoli florets or cuts, thawed	7 oz	2½ cups		12½ cups	
Low-fat salad dressing (use your favorite)		1/3 cup		1½ cups	
Parmesan cheese		1/3 cup		1½ cups	

Portion size/meal components:

½ cup = 1 grain, ½ of vegetable requirement for lunch for 3- to 5-year-old

Substitutions and alternatives:

Use other thawed vegetables in addition to broccoli.

Pasta and Trees continued

Preparation Time:

15 minutes, plus allow 30 minutes to cook pasta

Suggested pairings and serving ideas:

Allow children to stir in dressing and sprinkle on the cheese at the table.

Make ahead hints:

Can be made the day ahead and refrigerated as long as Parmesan cheese is added at the table.

Helps meet Dietary Guideline goals:

Possible source of whole grain, veggies

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	77	Total Fat:	1 g	Vitamin C:	19.6 mg	Sodium:	241 mg
Protein:	4.6 g	Saturated Fat:	0.1 g	Iron:	1 mg	Dietary Fiber:	1 g
Carbohydrate:	13 g	Vitamin A:	8.9 µg RAE	Calcium:	14 mg	Qualifies as a "best" source of vitamin C.	

Notes

Fruity Coleslaw

Recipe Category: Snack or Lunch

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Coleslaw mix		2 cups		10 cups	<ol style="list-style-type: none">1. In a bowl combine coleslaw mix and fruit.2. In another bowl, combine yogurt, mayonnaise, and seasonings until smooth.3. Toss dressing lightly through coleslaw.4. Cover and refrigerate until served.5. Serve with chopped nuts, if desired.
Pineapple tidbits, drained		½ cup fruit total		2½ cups fruit total	
Mandarin oranges, drained					
Strawberries, cut bite-size					
Vanilla fat-free yogurt		3 Tbsp		¾ cup	
Reduced-fat mayonnaise		3 Tbsp		¾ cup	
Salt		dash		¼ tsp	
Cumin		dash		¼ tsp	
Celery seed		dash		¼ tsp	
Honey-roasted peanuts, chopped (optional)		¼ cup		1 cup	

Portion size/meal components:

¼ cup as a vegetable/fruit option at lunch, ½ cup as a snack = 1 vegetable/fruit

Substitutions and alternatives:

Be creative with different fruit choices. Try to include different colors.

Fruity Coleslaw continued

Suggested pairings and serving ideas:

Goes great with sandwiches, fish, or hot dogs at lunch. Serve with crackers for a snack.

Make ahead hints:

Can be made up to one day ahead if refrigerated.

Helps meet Dietary Guideline goals:

Vegetables, fruit

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	33	Total Fat:	1.7 g	Vitamin C:	6 mg	Sodium:	66 mg
Protein:	1 g	Saturated Fat:	0.3 g	Iron:	0.2 mg	Dietary Fiber:	1 g
Carbohydrate:	3.5 g	Vitamin A:	7.1 µg RAE	Calcium:	15 mg	Qualifies as a "best" source of vitamin C.	

Notes

Creative lunch menu ideas

“Breakfast for Lunch”

Most of your children’s favorite breakfast entrees can become the grain and meat or meat alternate components at lunch: egg casseroles, sausage gravy and biscuits (made with lean sausage alternatives and skim milk gravy), breakfast burritos, and pancakes and sausage.

Serve old favorites new ways

Instead of traditional tacos, try “Taco Mountains” with taco ingredients piled “high” (using tortilla chips instead of taco shells, or using a tortilla as the base). Update traditional pizzas by using whole grain crust, leaner meats and/or veggies. Serve Toasted Hawaiian Sandwiches in place of traditional grilled cheese. Serve baked spaghetti instead of traditional spaghetti (it’s easier to serve, too). Put two favorites together by baking chili on top of macaroni and cheese.

Try “table assembly” instead of “kitchen assembly”

Why take time in the kitchen to put together sandwiches and other entrees when the children can learn skills and make a meal “their own” with choices and amounts to suit their appetite? Serving this way can also allow you to create a menu with more components that may ultimately combine into one dish. Try these menu items as “table assembly” ideas: tacos, sandwiches, meatball subs, wraps (see MyPyramid Wrap recipe on page 47); even “casseroles” can be self-assembled by serving the starch/sauce mixture separate from the meat and veggie “stir-ins.”

Around-the-world menus

Feature menu items from various cultures and countries, especially ones that represent families served by your program. Ask families for favorite recipes that you can adapt for serving. Look for recipes featuring Asian cuisine such as rice bowls and egg rolls, Middle Eastern cuisine, Mexican cuisine, etc.

Seasonal and local foods

Help your children appreciate the growing seasons by featuring foods that are grown locally and are in season. Examples could include asparagus in the spring, melons, corn on the cob and summer squash in the summer months, pumpkin and apples in the fall. Write in your “master menu” prompts such as “seasonal fruit” or “seasonal vegetable” and fill in appropriate options each month or week. Talk about local gardens and farmers markets. Send home recipe ideas for parents to try.

Theme meals

Rewrite menus to reflect holidays and special events that are celebrated each month. See the resources page for links to calendars of less-well-known celebrations that can make ordinary days extraordinary and fun. Work with teachers to connect your menus to the classroom by featuring foods in colors or shapes being learned about (one green food every day in green week...).



Toasted Hawaiian Sandwich

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat milk		½ cup		2½ cups	<ol style="list-style-type: none"> 1. Preheat oven to 350°. 2. Line baking pans with easy-release foil and coat with spray. 3. In a bowl, whisk together milk, orange juice concentrate, egg, sugar, vanilla, and salt. 4. Dip half of the bread slices in egg mixture and lay in pan(s) so bread pieces do not touch. 5. Top each bread slice with 2 slices of ham. 6. Thoroughly drain the crushed pineapple and spoon 1 Tbsp on each sandwich; spread to cover. 7. Top each with slice of cheese. 8. Dip second slice of bread in egg mixture and top sandwich. 9. Bake until lightly browned, (about 20 minutes), turn over and bake 15-20 minutes longer (make sure nicely toasted).
Frozen orange juice concentrate		1½ Tbsp		½ cup	
Egg substitute		1 cup		5 cups	
Sugar		1½ Tbsp		½ cup	
Vanilla		1 tsp		1½ Tbsp	
Salt		¼ tsp		1 tsp	
Whole grain bread		10 slices		50 slices	
Deli ham slices	10 oz	10 slices	50 oz	50 slices	
Crushed pineapple	8 oz		40 oz		
Swiss cheese	5 oz	5 slices	25 oz	25 slices	

Portion size/meal components:

Cut sandwiches in half to serve. Each half = 2 grains and 1 meat/meat alternate for 3- to 5-year-old

Substitutions and alternatives:

Instead of baking, omit the dipping mixture and grill the sandwich on griddle lightly spread with butter/margarine. Create a "Hawaiian Melt" by using a whole wheat English muffin half topped with a ham slice, crushed pineapple and Swiss cheese, baked until hot and cheese is melted.

Toasted Hawaiian Sandwich continued

Suggested pairings and serving ideas: Goes well with fresh vegetables and fruit.

Helps meet Dietary Guideline goals: Whole grain, fruit, calcium, lean protein

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	203	Total Fat:	6.8 g	Vitamin C:	3.1mg	Sodium:	557 mg
Protein:	16 g	Saturated Fat:	3.2 g	Iron:	1.7mg	Dietary Fiber:	2 g
Carbohydrate:	19 g	Vitamin A:	44.5 µg RAE	Calcium:	176 mg	Qualifies as good source of vitamin A.	

Notes

MyPyramid Wraps

Recipe Category: **Snack or Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
7- or 8-inch whole grain tortillas		5		25	<ol style="list-style-type: none"> 1. Assemble wraps by placing 2 slices of meat to cover wrap. 2. Add 1 slice of cheese cut in half to cross entire middle of wrap, 3. Drizzle each wrap with about ½ tablespoon of honey mustard. 4. Sprinkle each wrap with ¼ cup of shredded carrot and 2 tablespoons of dried fruit. 5. Roll tightly, cut in half, keeping opening side down on plate. 6. Cover and refrigerate until served.
Thinly sliced cooked (deli) turkey, ham, or chicken	10 oz	10 slices	50 oz	50 slices	
Reduced-fat American cheese slices	3.5 oz	5 slices	17 oz	25 slices	
Honey mustard dressing	2 oz	¼ cup	10 ounces	1¼ cups	
Shredded carrots		1¼ cups		6+ cups	
Dried tart cherries, raisins, or craisins		10 Tbsp		3+ cups	

Portion size/meal components:

½ wrap = 1 grain and 1 meat/meat alternate

Substitutions and alternatives:

Use ranch dressing instead of honey mustard. Children can design their own wrap choosing one item from each food group on MyPyramid: The tortilla is the whole grain. In place of deli meats, cooked diced chicken or tuna can be the lean protein. Any type of sliced or shredded cheese can be used. Veggies could include leaves or shreds of lettuce or spinach, chopped or diced tomatoes, onions, or celery. Fruits could include other dried fruit, diced apples, crushed pineapple or tidbits, mandarin oranges, or avocado.

MyPyramid Wraps continued

Suggested pairings and serving ideas:

Cut in one large piece or cut each half into quarters and serve with spiral facing up.
For a complete lunch, serve with fresh vegetables, fruit, and milk.

Make ahead hints:

Can be made up to one day ahead and refrigerated if well wrapped.

Food safety alerts:

Wear gloves to assemble ready-to-eat foods.

Helps meet Dietary Guideline goals:

Whole grain, vegetables, fruit, calcium, lean meat

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	196	Total Fat:	2.3 g	Vitamin C:	1 mg	Sodium:	569 mg
Protein:	13.6 g	Saturated Fat:	1.3 g	Iron:	1.7 mg	Dietary Fiber:	2.3 g
Carbohydrate:	23 g	Vitamin A:	91 µg RAE	Calcium:	220 mg	Good source of vitamin A.	

Notes

#3 *Snack menu makeover*

Food Safety Discussion #3

- Why is it important at the grocery store to wrap your raw meat in a plastic bag separate from your other foods?
- Can you think of examples of cross contamination when thawing foods in the refrigerator?
- What about other examples of cross contamination?
- Sometimes even uncut fruits and vegetables can be contaminated when you buy them. What must you do before serving?
- What is the proper way to check temperatures if you only have one thermometer to check the coleslaw and sweet potato fries?
- Your meat vendor (who also provides most of your frozen goods) arrived with your delivery three hours late. He explained his truck tire blew and the case of fish sticks broke open along with apple juice. What should you check for?
- What is the proper way to store refrigerated, ready-to-eat dips prepared in your kitchen?

Food demonstrations

Dynamite dips — Choose several from the following recipes.



Cucumber Dip

Recipe Category: **Condiment**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cucumber		¼ of whole		1 whole + ¼	<ol style="list-style-type: none"> 1. Peel cucumber, slice in half lengthwise, scoop out seeds. 2. Grate cucumber and drain in mesh strainer to remove excess water. 3. In a bowl, combine grated cucumber, dressing, dill weed and Parmesan cheese until smooth. 4. Cover and refrigerate overnight. 5. Serve as a dip for fresh vegetables.
Light ranch dressing		1 cup		5 cups	
Dill weed		¼ tsp		1¼ tsp	
Parmesan cheese		1 Tbsp		½ cup	

Portion size/meal components:

2 Tbsp does not count toward meal components.

Substitutions and alternatives:

Dill weed is fun to grow inside and comes up within a week of planting.

Children will enjoy being a part of creating an ingredient in a food they enjoy eating!

Cucumber Dip continued

Suggested pairings and serving ideas:

Serve with fresh vegetables at lunch or snack.

Make ahead hints:

Best made a day ahead, but can be eaten right away.

Food safety alerts:

Serve in portion cups of a divided plate to avoid double dipping with friends.

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	34	Total Fat:	0.8 g	Vitamin C:	1 mg	Sodium:	271 mg
Protein:	0.2 g	Saturated Fat:	0.2 g	Iron:	0.1 mg	Dietary Fiber:	0.5 g
Carbohydrate:	5.7 g	Vitamin A:	3.3 µg RAE	Calcium:	20 mg		

Notes

Veggie Dippers

Recipe Category: **Lunch or Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw vegetables to blanch: Baby carrots Broccoli florets Whole green beans (frozen work well) Sugar snap peas Cauliflower		5½ - 6 cups (raw) of one or more options to have ½ cup blanched per child		25 – 30 cups (raw) of one or more options to have ½ cup blanched per child	<ol style="list-style-type: none"> 1. Wash vegetables if not prewashed or frozen. 2. Cut into child-size pieces that are a good size for dipping. 3. Bring water to a boil. 4. Blanch vegetables in boiling water (a wire basket works well to submerge and remove). Harder vegetables, such as carrots, take about 3 minutes; softer vegetables take about 2 minutes. 5. Quick chill in cold water. Keep refrigerated until time to serve. <p><i>Experiment to find the right blanching time, which results in the perfect texture for dipping without the danger of choking.</i></p>
Raw vegetables good for cutting in “fry” sticks or other fun shapes: Sweet bell peppers Cucumbers Zucchini Yellow squash Celery Radishes		Same as above: ½ cup per child		Same as above: ½ cup per child	

Portion size/meal components: ½ cup = 1 vegetable for a snack

¼ cup = 1 lunch vegetable

Veggie Dippers continued

Suggested pairings and serving ideas:

Great with your favorite dips.

Make ahead hints:

Can easily be made a day ahead and kept refrigerated in covered containers or plastic bags.

Food safety alerts:

Wear gloves when preparing ready-to-eat foods.

Helps meet Dietary Guideline goals:

Vary your veggies

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts:

Vegetables are low in calories, fat free, rich in fiber, and most are good sources of vitamins A and/or C.

Notes

Easy-to-Please Hummus

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garbanzo beans (chick peas), drained, liquid reserved	15 oz	1 can	75 oz	5 cans	1. Drain garbanzo beans, save liquid. 2. In a blender or food processor combine garbanzo beans, cumin, salt, and olive oil. 3. Blend on low speed, adding enough reserved liquid (about ¼ cup per 10 servings) to make smooth and reach desired consistency.
Ground cumin		1 tsp		5 tsp	
Salt		½ tsp		2½ tsp	
Olive oil		1 Tbsp		5 Tbsp	
Optional ingredients:					
Lemon juice		1 Tbsp		¼ cup	
Garlic, crushed		1 clove		4-5 cloves	
Tahini		¼ cup		1 cup	

Portion size/meal components:

2 tablespoons = ½ ounce meat alternate for a snack portion

Substitutions and alternatives:

Experiment with added seasonings and flavors. Garlic and lemon juice are traditional ingredients in hummus, as is Tahini, which is a sesame paste.

Easy-to-Please Hummus continued

Suggested pairings and serving ideas: Great dip for raw veggies, pita bread, tortilla crisps, or crackers.

Make ahead hints: Can easily be made 1-2 days ahead, keep refrigerated.

Helps meet Dietary Guideline goals: Go lean with protein

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	65	Carbohydrate:	10 g	Saturated Fat:	0.2 g	Sodium:	240 mg
Protein:	2.2 g	Total Fat:	1.9 g	Iron:	9% of daily value	Dietary Fiber:	2 g

Notes

Cinnamon Tortilla Crisps

Recipe Category: Snacks

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole wheat tortillas		5		25	<ol style="list-style-type: none">1. Preheat oven to 350°.2. Place foil on baking sheets and coat with cooking spray.3. Using a basting brush, coat each tortilla with olive oil on both sides.4. Using a pizza cutter or knife, cut each tortilla into 8 triangles (may stack and cut several at one time).5. Place on baking sheets; do not overlap.6. Combine cinnamon and sugar and put in shaker.7. Sprinkle tortillas liberally.8. Bake until slightly browned and crisp (20-25 minutes).9. Allow to cool before serving.
Olive oil		¼ cup		1¼ cups	
Cinnamon		1 tsp		2 Tbsp	
Sugar		¼ cup		1½ cups	

Portion size/meal components:

4 tortilla triangles (½ tortilla) = 1 grain for 3- to 5-year-old

Substitutions and alternatives:

Try different seasonings in place of the cinnamon and sugar to create other tastes.

Cinnamon Tortilla Crisps continued

Suggested pairings and serving ideas: Serve with your favorite dip or a fruit or vegetable salsa.

Make ahead hints: Easy to make ahead, cool and store in zip top plastic bags.

Helps meet Dietary Guideline goals: Whole grain

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	122	Total Fat:	5.7 g	Vitamin C:	none	Sodium:	97 mg
Protein:	2 g	Saturated Fat:	0.7 g	Iron:	0.6 mg	Dietary Fiber:	1 g
Carbohydrate:	16 g	Vitamin A:	0.8 µg RAE	Calcium:	7 mg		

Notes

Peanut Butter Dips

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
<i>Honey Dip:</i>					
Creamy peanut butter		½ cup		2½ cups	
Vanilla fat-free yogurt		½ cup		2½ cups	
Honey		2 tsp		3 Tbsp + 1 tsp	
<i>Chocolate Dip:</i>					
Creamy peanut butter		½ cup		2½ cups	
Vanilla fat-free yogurt		¼ cup		1¼ cups	
Chocolate syrup		¼ cup		1¼ cups	

Portion size/meal components:

Substitutions and alternatives:

1½ rounded tablespoon = ½ ounce meat alternate for snack (3- to 5-year-olds)

Can also use plain yogurt if a less sweet taste is desired.

Peanut Butter Dips continued

Suggested pairings and serving ideas:

Partner with fruit, vegetables, or snack crackers made for dipping.

Make ahead hints:

Stores well in covered container in the refrigerator, stays soft enough to dip and spread.

Helps meet Dietary Guideline goals:

Source of healthy fats, encourages eating whole grains, veggies, fruit

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts – Honey Dip

Calories:	86	Total Fat:	7.6 g	Vitamin C:	0.1 mg	Sodium:	71 mg
Protein:	3.7 g	Saturated Fat:	1.3 g	Iron:	0.2 mg	Dietary Fiber:	0.8 g
Carbohydrate:	4.4 g	Vitamin A:	none	Calcium:	24 mg		

Nutrition facts – Chocolate Dip

Calories:	103	Total Fat:	7.7 g	Vitamin C:	0.1 mg	Sodium:	76 mg
Protein:	3.9 g	Saturated Fat:	1.3 g	Iron:	0.4 mg	Dietary Fiber:	1 g
Carbohydrate:	8.2 g	Vitamin A:	none	Calcium:	25 mg		

Notes

Yogurt Fruit Dip

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla low-fat yogurt	20 ounces	2½ cups	100 ounces	12½ cups	Combine yogurt with syrup or honey, choice of juice, and peel zest if desired. Use more or less juice and zest to taste.
Lemon-Maple Dip:					
Reduced-sugar maple syrup		½ cup		2½ cups	
Lemon juice		scant Tbsp		¼ cup	
Honey-Citrus Dip:					
Honey		¼ cup		1¼ cups	
Lime, lemon, or orange juice (fresh is best)		¼ cup		1¼ cups	
Lime, lemon, or orange peel zest (optional)		scant Tbsp		¼ cup	

Portion size/meal components: ¼ cup = ½ ounce meat alternate for a snack

Substitutions and alternatives: Experiment with different combinations of honey or syrup and citrus juices and zest.

Yogurt Fruit Dip continued

Suggested pairings and serving ideas: Great as a fruit dip.

Make ahead hints: Best made one or more days ahead for flavor.

Food safety alerts: Keep refrigerated.

Helps meet Dietary Guideline goals: Go lean with protein, get your calcium-rich foods

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	75	Total Fat:	0.8 g	Sodium: 35 mg
Protein:	2.5 g	Saturated Fat:	0.5 g	
Carbohydrate:	12 g	Calcium:	75 mg	

Notes

Banana Crunch Pops

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Large bananas		5		25	<ol style="list-style-type: none"> 1. Place yogurt in shallow dish for dipping/rolling. 2. Place granola in another dish for dipping/rolling. 3. Peel and cut bananas in half. 4. Insert stick into each half. 5. Roll bananas first in yogurt and then in granola. 6. Place on a baking sheet lined with wax paper. Cover with foil or freezer wrap. 7. Place in freezer for at least 3-4 hours. 8. Let stand at room temperature for 10 minutes before serving. <p><i>Children enjoy making these!</i></p>
Wooden Popsicle sticks		10		50	
Fat-free vanilla yogurt	4 – 6 oz		32 oz		
Low-fat granola, crushed Vanilla wafers, graham cracker crumbs, etc.		¾ cup		4 cups	

Portion size/meal components:

1 banana pop (½ banana) = 1 fruit for snack

Substitutions and alternatives:

Make sure the coating mixture you use stays crispy not soggy.

Banana Crunch Pops continued

Suggested pairings and serving ideas: Pairs great with ice-cold white or chocolate milk.

Make ahead hints: Can be made 1 or more days ahead and frozen.

Helps meet Dietary Guideline goals: Possible source of whole grain, fruit

Marketing guide for selected items

Equipment:

Food as purchased for ____ servings:

Nutrition facts

Calories:	96	Total Fat:	0.6 g	Vitamin C:	6.5 mg	Sodium:	29 mg
Protein:	2 g	Saturated Fat:	0.1 g	Iron:	0.5 mg	Dietary Fiber:	2.3 g
Carbohydrate:	22.7 g	Vitamin A:	37 µg RAE	Calcium:	30 mg	Counts as a good source of vitamin A or vitamin C.	

Notes

Creative snack ideas

Dynamite dips

- Cucumber or ranch dip with veggie dippers
- Hummus with veggie dippers or grain dippers (tortilla crisps, pita chips or pita triangles, crackers)
- Peanut butter dips with celery, fruit, graham crackers, low-fat cookies
- Yogurt dips with fruit
- Fruit salsa with tortilla crisps
- Breadsticks with cheese dip

Build-your-own snacks

- Shaker pudding: Put ½ cup of fluid milk in a sandwich bag with 2 tablespoons of instant pudding mix; seal bag and shake until ingredients are mixed. Serve with Teddy Grahams or graham sticks.
- Trail mix: Combine cereal, dry fruit, nuts, and pretzels. Optional addition: M&M's or chocolate chips.
- Parfaits: Mix yogurt or cottage cheese, cut fruit, and granola cereal.
- Banana splits: Top ½ banana and/or other cut fruit with a 2-ounce scoop of cottage cheese (or more!), then add sprinkles.
- Mini pizzas: Crusts can be flattened refrigerator biscuits, bagels, English muffins, etc. Toppings can be added to create “traditional” pizzas, fruit pizzas, and veggie pizzas.
- Frozen Banana Crunch Pops (See recipe on page 63.)

Make-your-own creatures

- Bunny salad: Lettuce leaf on plate, pear half with cut side down for body, raisin eyes, almond slice ears, cherry half nose, 2-ounce scoop of cottage cheese for tail
- Ants on a log: Celery, peanut butter, raisins
- Cheese critters: Cheese stick bodies, pretzel stick legs, dried fruit, etc.
- Snowmen: Peel half a banana, cut into 3 chunks for snowman's “body,” use pretzel stick arms, raisin eyes and buttons, carrot nose, apple chunk hat with a grape on top.
- Giraffes: Cut half a bagel in half and place on plate to look like legs and body, spread with cream cheese, use Cheerios to make spots on body, place string cheese for neck, use half a strawberry for head.
- Fruit or veggie faces: Provide cut-up veggies or fruit to create facial features, serve with dip. Hard-cooked eggs cut in half can also be used for body or head.

Classroom connections

- Serve snack items that coordinate with colors, shapes, seasons, and other classroom activities.

New twists on the “same old-same old”

- In the summer, freeze 100 percent fruit juice in paper cups with Popsicle sticks inserted for frozen juice pops.
- Serve fruit pieces on kabob sticks or pretzel sticks.
- Instead of cheese and crackers, serve sliced cheese on whole grain bread and cut with cookie cutters into fun shapes.



Serve it, savor it, and succeed

Take your “dish” home. Share it with others, savor it yourself, and make it even better.

My goal and action plan

Define what you desire to achieve and make a plan to succeed.

1. Next to one or more of the challenges you checked on Page 1, briefly describe one specific idea discussed in this workshop segment you can use to meet that challenge:

- Making healthy foods appealing
- Increase variety within budget
- Follow CACFP guidelines
- Prepare right amounts
- Make more food from scratch

2. What is the new menu I plan to prepare and serve in our child care program?

3. What do I plan to do to build my knowledge and skills in menu planning, food purchasing, food preparation, or food safety, and/or to share this information with others?

***Serve it* — A plan for staff training**

Select one or more of the ideas listed below to share with your staff how and why to create nutritious and delicious meals and snacks for children.

1. Show staff the video about nutrition for children and discuss. You will need the workshop DVD, projection equipment, and discussion questions from your workbook. Allow 30 minutes.
2. Have the staff analyze your current menu using the menu review checklist and other resources provided; suggest changes to better meet the MyPyramid and Dietary Guidelines recommendations. Allow at least 30 minutes.
3. Have the staff play “Menu Makeover” as in the workshop outline using the Menu Challenges table instead of your own menus. Allow 30 minutes.
4. Write a new menu for one meal or snack (or more!) using the Creative Menu Idea lists and the Menu Planning Guidelines. Use the recommended resources to help you. Allow at least 45 minutes.
5. Pick breakfast, lunch, or snack and pilot one or more new recipes, using the ones provided or a recipe from a resource listed. Discuss ways to incorporate it into your existing menus. Allow preparation, baking, and tasting time as recipe(s) indicate.
6. Food safety in-service. See resource list for ideas for activities and handouts.

***Serve it* — A plan for parent education**

Parents don't always understand why children are served the foods they are served. Use their common questions as the springboard for what to cover in your educational offerings. Rather than providing a lot of information all at one time, share the answers to common questions in "bite size" servings throughout the year. Easy ways to provide this information include your newsletters, menus for the week or month with information printed on the back, bulletin boards, and parent meetings. Offer tastes of new menu items when parents come to pick up children.

Common questions parents ask include:

- *What do the children eat?* Post and provide menus. Also post a schedule of when meals and snacks are served each day.
- *Why do you serve what you do?* Provide parents with a copy of the CACFP meal pattern at the beginning of the year and/or talk about it at a parent meeting. When you introduce a new food, such as whole grain pasta instead of white, send home information from the MyPyramid Web site emphasizing the goal to "Make Half Your Grains Whole." www.mypyramid.gov
- *What if my child doesn't like what you serve?* This question makes a great springboard for discussing Ellyn Satter's Division of Responsibility in Feeding and Eating. Resources to discuss this are available at www.ellynsatter.com, and other sites listed in the Environment section of this workbook.
- *Specific questions about nutrition.* Pick one each month and answer it using information from www.mypyramid.gov. This Web site has a variety of handouts for parents in the MyPyramid for preschoolers section under the heading "Developing Healthy Eating Habits." Any of these resources would make a good parent meeting topic, or could be printed on the back of the menu you hand out. The most popular topic is likely to be the series of handouts on "How to Cope with Picky Eaters." Another helpful site is www.fns.usda.gov/tn/Resources/nibbles.html. This is a newsletter for parents of young children on a variety of nutrition topics.

Help parents feed their children at home with menu planning and recipe ideas.

- *Loving Your Family — Feeding Their Future* is a nutrition education resource for families through the Food Stamp program: www.nal.usda.gov/foodstamp/. In the search box, look for *Loving Your Family — Feeding Their Future*.
- University of Nebraska Extension has a Web site that has lots of recipes and healthy cooking ideas: <http://lancaster.unl.edu/food>
- *Raising Healthy Eaters* is a series of sessions taught by Purdue Extension for parents and providers. Contact your local Purdue Extension office for more information. Includes ideas for parents and children to cook together. www.extension.purdue.edu/extsite/counties.shtml



Succeed — Set ourselves up for success

Individually, or with others in your child care program, set up a schedule for reflecting on your progress in meeting your goals. Do one “letter” of RECIPE every month, so each is evaluated twice a year, or, do three or more areas every two or three months. Write down in your calendar reminders to perform these progress checks. Make copies of this evaluation page and date and record the progress you make.

Date of evaluation: _____ Evaluator: _____

1. Changes we/I have made to create healthier menus in our facility:

- _____ Added more whole grains (list examples):
- _____ Introduced new fruits (list examples):
- _____ Introduced new vegetables (list examples):
- _____ Served more low-fat or fat-free milk and dairy foods (list examples):
- _____ Served more lean meats (list examples):
- _____ Used more low-fat cooking methods (list examples):
- _____ Increased variety of snack menus (list examples):
- _____ Switched one or more menu items from convenience item to preparing from scratch (list examples):

2. Based on the changes I made to the menu and/or food preparation techniques, what feedback have I received from staff?

3. How have I shared menu changes or nutrition information with parents? What was their response?

4. How have I used the recommended resources to improve my knowledge and skills in menu planning and food preparation?

References and resources

References on the diets of children in child care

- Ball SC, Benjamin SE, Ward DS. Dietary Intakes in North Carolina Child-Care Centers: Are Children Meeting Current Recommendations? *J Am Diet Assoc.* 2008; 108:718-721.
- Benjamin SE, Copeland KA, Cradock A, Neelon B, Walker E, Slining MM, Gillman MW. Menus in Child Care: A Comparison of State Regulations with National Standards. *J Am Diet Assoc.* 2009; 109:109-115.
- Cole N, Fox MK. Nutrient Intake and Diet Quality of WIC Participants and Nonparticipants. 2008. Available at www.fns.usda.gov/fns
- Cole N, Fox MK. Diet Quality of Americans by Food Stamp Participation Status: Data from the National Health and Nutrition Examination Survey. 2008. Available at www.fns.usda.gov/fns
- Cole N, Fox MK. Nutrient Intake and Diet Quality of School Lunch Participants and Nonparticipants. 2008. Available at www.fns.usda.gov/fns
- Kaphingst KM, Story M. Child Care as an Untapped Setting for Obesity Prevention: State Child Care Licensing Regulations Related to Nutrition, Physical Activity, and Media Use for Preschool-Aged Children in the United States. *Prev Chronic Dis.* 2009; 6:1-12.
- Nicklas TA, Hayes D. Position of the American Dietetic Association: Nutrition Guidance for Healthy Children Ages 2 to 11 Years. *J Am Diet Assoc.* 2008; 108:1038-1047.
- Story M, Kaphingst KM. Promoting Good Nutrition and Physical Activity in Child-Care Settings. Healthy Eating Research. Robert Wood Johnson Foundation. 2007. Research brief available at www.healthyeatingresearch.org
- Sweitzer SJ, Briley ME, Robert-Gray C. Do Sack Lunches Provided by Parents Meet the Nutritional Needs of Young Children Who Attend Child Care? *J Am Diet Assoc.* 2009; 109:141-144.
- USDA Team Nutrition information on nutrient functions (a seven-page PDF file): <http://teamnutrition.usda.gov/Resources/appendd.pdf>

Menu-planning resources

- A menu-planning guide incorporating three age groups is available in the recordkeeping section on the CACFP Web page at http://www.fns.usda.gov/tn/Resources/menu_magic.pdf
- An 18-page PDF file of an eight-week cycle menu is available from the National Food Service Management Institute at <http://www.nfsmi.org/documentLibraryFiles/PDF/20080225095731.pdf>
- The 45-page PDF file of the crediting foods section of *What's In A Meal – Healthy Hoosier Edition* is at www.doe.in.gov/food/childadults/in-a-meal/crediting_foods.pdf
- USDA standardized recipes for children are available at www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTYzJmlzTWdyPXRydWU=
- To standardize your own recipes, a good resource to help with that process is a 22-page PDF file available at www.olemiss.edu/depts/nfsmi/Information/stdrecipes/process.pdf
- Utilize references available from USDA, including:
 - Building Blocks for Fun and Healthy Meals/A Menu Planner for the CACFP
 - Food Buying Guide for Child Nutrition Programs
 - Child Care Recipes
 - Feeding Infants

These and other resources can be downloaded from FNS online at www.fns.usda.gov/cnd/care/publications/tools.htm

- Another great source of information is the National Food Service Management Institute (NFSMI) at: www.nfsmi.org/. Lessons and materials from NFSMI for CACFP child care providers are at www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cElEPTI3
- A resource for child care menus and recipes from Montana Team Nutrition is at www.opi.mt.gov/schoolfood/cyclecare.html
- South Dakota Team Nutrition developed menu-planning tools that are available at <http://teamnutrition.usda.gov/Resources/southdakotamenuplanningtools.html>
- South Dakota's "Physical Activity and Healthy Snacks for Children" resource (a 120-page PDF file) is at www.healthysd.gov/ChildCare/PDF/activitycards.pdf
- University of Nebraska Extension has a Web site with lots of recipes and healthy cooking ideas at <http://lancaster.unl.edu/food>. This Web site also has "food theme month links" with not only monthly reasons to celebrate food and nutrition, but also links to other sites for more information.



Food safety resources

- The Nitty-Gritty of Food Safety: A Guide for Parents and Childcare Providers (a 3-page PDF file) is at www.ext.vt.edu/pubs/preschoolnutr/348-653/348-653.pdf
- Food Safety Activity Book (for children) www.foodsafety.gov/~dms/cbook.html
- Preventing choking on food by children
www.kingcounty.gov/healthservices/health/child/childcare/education/choking.aspx
- Food Safety Tip Sheet, including infants (a 2-page, English/Spanish PDF file)
www.nfsmi.org/documentLibraryFiles/PDF/20080130054129.pdf
- Food Safety Training in Child Care
www.olemiss.edu/depts/nfsmi/Information/cclessons/fs_center.pdf
- Food Safety Self-Inspection for Child-Care Facilities, 2004
www.canr.uconn.edu/ces/child/newsarticles/CS512.html
- Building Blocks for Fun and Healthy Meals pages 9-21 (if online pages 12-25)
<http://teamnutrition.usda.gov/Resources/appendj.pdf>
- Kansas State University Continuing Educational Tools – cards www.humec.ksu.edu/fnp/materials.html (look under “Continuing Educational Tools – cards”)
- University of Massachusetts Amherst has multi-lingual resources at
www.umass.edu/umext/nutrition/programs/food_safety/resources/
- Activity Sheets for Children
www.fightbac.org/component/option,com_docman/Itemid,83/
- USDA posters and resources http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=3&tax_subject=231&topic_id=1197&level3_id=5072
- Bacteria Control Chart (a 1-page PDF file)
www.in.gov/isdh/files/bac_chart_vert.pdf
- Indiana Food Code (a 127-page PDF file) www.in.gov/isdh/files/410_iac_7-24.pdf

Resources for nutrition education and parent education

- www.mypyramid.gov Has a variety of handouts for parents in the MyPyramid for preschoolers section under the heading "Developing Healthy Eating Habits."
- Nibbles for Health: Nutrition Newsletters for Parents of Young Children, revised 2008 www.fns.usda.gov/tn/Resources/nibbles.html A newsletter that includes information on food allergies is a 2-page PDF file at www.fns.usda.gov/tn/Resources/Nibbles/Nibbles_Newsletter_26.pdf
- *Loving Your Family — Feeding Their Future* is a nutrition education resource for families through the Food Stamp program: www.nal.usda.gov/foodstamp/. In the search box, look for *Loving Your Family — Feeding Their Future*.
- A 27-page PDF file that is a resource list on food allergies and intolerances for consumers is available at the Food and Nutrition Information Center's Web site at www.nal.usda.gov/fnic/resource_lists.shtml
- The MyPyramid for Preschoolers poster is available upon request from the Team Nutrition Web site to child care centers that participate in the Federal Nutrition Programs. The site is <http://tn.ntis.gov/>

